



Safety Harness Awareness

(L1)

Incorrectly specified, uninspected and poorly fitted harnesses can lead to horrific injuries. Now is the time to get up to speed!

Course Overview

The course will provide trainees (operatives, managers and supervisors involved with the use of safety harnesses/working at height) with a good theoretical and hands on understanding of the principles for using PPE (Personal Protective Equipment) and FPE (Fall Protection Equipment).

Course Syllabus

This course covers the following subject matter:

- Working at Height Regulations 2005 and safety legislation
- Accident statistics
- Hazard analysis and risk assessment
- Fall prevention, fall restraint, fall protection and fall arrest
- Harness types and design standards
- Component parts of a fall arrest system (A, B, C, D, E)
- Identifying correct tie-off and anchor points
- Pre-use inspection of harness and lanyard with a practical exercise
- Rescue provision requirements
- Correct wearing and fitting of harness (practical exercise)
- Harness/lanyard storage, care and cleaning
- Selecting the correct type of harness for use
- Selecting a suitable lanyard
- Record keeping

Course type options:



Tailored



Open

frequently asked questions...

The Course

Course Delivery	This course is available as a Tailored or Open course
Accreditation	In-house (IPAF upon request)
Course Length	4 hours
Start / Finish Times	To suit
Maximum Group Size	10
Tailored to Specific Requirements	Yes - please provide at the booking stage
Course Material	Handouts are provided on the day

Certification

Is there an Assessment?	Written examination and a practical assessment
Are certificates issued?	Yes (IPAF card upon request)
Valid for?	5 years
When / how are they available?	Available to access from the NUK website

The Delegates

Prior Knowledge / Prerequisites	Must have good understanding of written and verbal English. Must be physically fit, in good health and over 18 years
Delegate to provide	Everything is provided on the day

The Venue

Course Location	At a venue of your choice or a Now u Know Training Centre
Venue Requirements	Please inform us of any mobility concerns
Non-NUK Venues	Must have adequate space, seating, lighting, welfare, 240v socket and an external area for practical demonstrations, where applicable
Refreshment at NUK Venues	Available on request

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